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Most women would want to get pregnant at some point in their life. For many these days, advancements in careers and other such responsibilities prevent them from conceiving during their peak fertility time. If you are among those women who are now looking for ways to get pregnant and are over 35 to 40 years of age, here are some tips you can keep in mind.

The first thing is that if you are above this prescribed age and have been trying for a while to get pregnant with no success, the longest you need to wait is 6 months and not the general one years that younger women wait for. At advanced years, it is essential that you diagnose the problem as soon as possible so that you can work on a remedy for it. There are also natural means in which you can increase your chances of conception.

This first thing is to know your fertility period. This is generally a fortnight before your next menstrual cycle. Again this can vary depending on your lifestyle. If your ovulation is a bit irregular as with most women this age, then you will need to monitor it to determine when is the best time to conceive. There is also the issue of an old egg meeting a sperm and this could result in an unhealthy child. To reduce the chances of this happening you will need to refrain from sexual intercourse a few days before your ovulation.

You have to remember that your eggs are as old as you are, though when they are released, they are only viable for a day. Therefore you need to stop from having intercourse immediately after your peak ovulation day. Give a chance to all the old eggs to flush out. Attempting to conceive on the peak day of ovulation is the best. Indulge in frequent intercourse and the chances of fresh egg and sperm meeting are pretty high. For the man, building up your sperm count just before intercourse is essential. This means that you will have to refrain from intercourse or ejaculation a few days before ovulation time. But keep in mind that the time frame should not be longer than this. Or your sperm will age as well.

Conceiving post 35 can be a bit difficult but if you are in good health, then there is no real reason for you not to enjoy the beauty of motherhood.

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If you want to get a pregnant at 40? There is some tips to get a pregnant over 40 naturally and with the help of modern technology. Just logon to a www.getpregnantat40.com and read various ways to conceive at this age.

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